

Blood Pressure

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Your blood pressure should be lower than ____/ ____.
- High blood pressure can lead to heart disease, stroke, and kidney disease.
- Eating healthy foods, losing weight, and being active are ways to keep your blood pressure under control:
 - Losing as little as 5 to 10 pounds can lower your blood pressure.
 - Eat a variety of foods, especially vegetables, fruits, dry beans such as red beans, whole grains such as corn and barley, and whole grain breads and cereals.
 - Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
 - Get at least 30 minutes of exercise most days of the week.
 - Eat less salt. Taste your food before you add salt. Eat fewer fast foods and salty snacks.
- If you take medicine to lower your blood pressure, be sure to talk to your doctor about how to take it. Do not skip any doses of medicine.
- If you drink alcohol, limit the number of alcoholic drinks—no more than one drink a day for women and two drinks a day for men.
- Smoking tobacco increases the risk of heart disease. If you smoke, plan to quit.